

EDN-H(4)(Eie)4-10/2015-16 (Health)
Directorate of Elementary Education,
Himachal Pradesh- Shimla-171001.

Dated, Shimla-171001 the

2019

प्रारम्भिक शिक्षा निदेशालय (हि.प्र.)
19 JUL 2019
शिमला-1

To

IMA
All the Deputy Directors of Elementary Education,
Himachal Pradesh

Subject:- Regarding Promotion of Sun exposure programme in School.

वित्तिय
(9 H) and

Please find enclosed herewith photocopy of letter NO EDN-C-
F(10)7/2019 dated 11.7.2019 alongwith its enclosures received from Principal Secretary
Education) to the Govt. of Himachal Pradesh on the subject cited above.

In this connection, you are requested to go through the contents and issue
necessary directions to all the Education institution under your control under intimation
to this Directorate

[Signature]
Joint Director (s)
Directorate of Elementary Education,
Himachal Pradesh

Endst. No. even dated: Shimla-171001

, 2019.

Copy for information to :-

1. The Principal Secretary Education, to the Govt. of Himachal Pradesh for information
please
2. Guard file

[Signature]
Joint Director (s)
Directorate of Elementary Education,
Himachal Pradesh

1768
25/07/19
du
24/07/19
Gravel

ENDS NO:- EDN-U(G-11) Gen/Misc- 3029

O/o Dy Director Elem, Edu, &

Una, Distt. Una (H.P.)

26/07/19

Forward in original to All Principal / Headmaster /
BEOs / Pvt school in Una District with the
direction that issue necessary instruction to
your school for conducting awareness lectures
on deficiency of Vitamin-D₃ in School Assemblies.
Its for your further ^{Information &} necessary compliance.

Deputy Director of Elementary
Education Una, Distt. Una (H.P.)

Cr. 1/6
17-7-19

CDE- 8064
16-7-19

No. EDN-C-F(10)1/2019
Government of Himachal Pradesh
Department of Elementary Education

From:

The Principal Secretary (Education) to the
Government of Himachal Pradesh

To

The Director of Higher Education
Himachal Pradesh Shimla-1

✓ The Director of Elementary Education
Himachal Pradesh Shimla-1

Dated: Shimla-171002, the

11th July, 2019

Subject:- Regarding promotion of sun exposure programme in schools.

Sir,

I am directed to enclose herewith photocopy of letter No. 22-1/2019-1S.4 dated 10th June, 2019 received from the Under Secy. Govt. of India, MHRD, Department of School Education & Literacy, Shastri Bhawan, New Delhi on the subject cited above and to say that the further necessary instructions to the school in this behalf may be issued immediately under intimation to this department as well as to the quarter concerned.

SE-6000001

Yours faithfully,


Deputy Secretary (Ele. Education) to the
Government of Himachal Pradesh.

Dr. R. Chakrabarti
16/7/19

124

30/6/19

F.No. 22-1/2019 IS 4
Government of India
Ministry of Human Resource Development
Department of School Education & Literacy

Shastri Bhawan, New Delhi,
Date: June 10, 2019

To
The Secretary Education
All States/UTs

Subject: Promotion of Sun Exposure programme in Schools.

Sir,

I am directed to state that health and well-being of school children has been a vital component of several recent policies and initiatives undertaken by the Govt. of India. Vitamin-D deficiency and high proportion of calcium, is another critical area of immense health concern among school children. Vitamin D deficiency prevails in epidemic proportions all over the Indian subcontinent, with a prevalence as high as 70%-100% in the general population (Nutrients, 2014) During the growing up phase, school children remain highly susceptible to bone deforming effects of Calcium and Vitamin-D deficiency manifesting as Rickets. This disease can have severe developmental outcomes for the children and could also lead to lifelong deformity and disability. M/o Health & Family Welfare is strengthening the early identification and treatment of calcium and Vitamin-D deficiency and Rickets in school children under Rashtriya Bal Swasthya Karyakram. At the same time, prevention of these deficiency remains equally important to prevent both short term and long term morbidity among children. Sufficient exposure to the sun can prevent Vitamin-D deficiency.

Therefore, in order to promote sun exposure among school children to prevent Vitamin-D deficiency, States and UTs may issue necessary instructions to their schools for conducting awareness lectures on deficiency of Vitamin-D in school assemblies. Schools may also be advised to conduct outdoor activities in sun exposure in free/extra periods. During intervals the students may be encouraged to play in field/open area. Teachers may also be advised to conduct as many physical activities as possible in open area so that students are benefitted from sun exposure.

Yours faithfully,

(Rajesh Kumar Mearyal)
Under Secretary to the Govt. of India
Tele. 23364501

18/6
DSIE
19/6
5.0/6/19
Copy to:

State Project Directors, Samagra Shiksha
All States and UTs

Smt. A. K. Singh